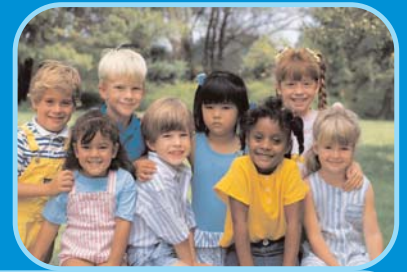


For the Children



Summer 2006



Foster/Adoptive Parent News

Annual Picnic Celebrating National Foster Parent Month (May)



On May 21, 2006, the Department of Children's Services held its annual picnic to celebrate "May is National Foster Parent Month". The picnic was held to honor our children, foster, adoptive and kinship families. Over 350 families were in attendance at Scandia Amusement Park in Ontario. The weather was somewhat dreary but this did not prevent our

families from coming out to play miniature golf, go on the 25 rides and enjoy a hamburger and/or hotdog lunch. There were also picnic games for the children during the two lunch sessions including a sack race, water balloon toss and a tug of war. This special occasion created a great opportunity for families to meet and network with others. Siblings placed in different homes were able

to spend a day of fun with each other.

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We look forward to your participation in this special event in the coming years.



Have Fun For Your Health

Do you have any hobbies? Do you enjoy gardening, playing cards or singing? Do you enjoy having fun with your kids? Having fun brings not only enjoyment but BIG health benefits, too. And if you look carefully, you can find fun in whatever you do.

Taking time for the things that you enjoy can help you feel better about yourself and be more satisfied with life. And when you feel this way, you might be more likely to exercise, eat well, get regular medical care and reach out to friends and family - all of which can benefit you physically and mentally. By feeling better about yourself, you can be a better parent. You will be calmer and less stressed while dealing with the children.

- **Start by taking an inventory of fun activities.** Pay attention to what activities bring you pleasure. These might include tinkering in the garage, gardening, listening to music, playing sports or reading. As long as the activity is consistent with your health, make time for more of it.
- **Link healthy habits to happiness.** For example, stay motivated to exercise by choosing activities you enjoy. Vary your routine and exercise with other people. You might do some activities by yourself and others may be group activities. Make exercise so enjoyable that the activity itself becomes its own reward.
- **Be attentive.** When it comes to fun, quality counts as much as quantity. You don't always have to have more pleasure — just be attentive to it when it shows up. Take the time to enjoy the activity and don't rush through it.
- **Find fun.** Try new activities. Explore new places and situations. Let your mind wander. Act impulsively once in awhile. Make a game of routine duties. Remember to listen to your inner child.

And whatever the activity, try to find something pleasurable in it.

Shirley Allen

Shirley Allen has retired as a foster parent after 39 years. Shirley has provided a safe, loving and supportive environment for 221 children since 1967. Shirley originally applied for a babysitting license with the County of San Bernardino. Later she heard through a friend about the Foster Parent program and decided to become a foster parent instead.

Shirley mainly took in babies, she especially loved the newborns. Shirley was devoted to these babies and provided wonderful care for them. Shirley worked closely with the physicians and other professionals to ensure that the children in her care received the services they needed.

Shirley was a tremendous team player throughout her career which is evidenced by her participation in foster parent associations and her interaction with social workers and other professionals involved with her children in her care throughout the years.

Shirley, we thank you for your devotion to the children who were placed in your care for the past 39 years.

We wish you good health and much happiness in your retirement.

Kids Need Heroes

By Dawn Meadows, SWII

Kids need heroes. They are an important part of a child's development. The hero gives the child an idea of the person they want to grow up to be. Adoptive and foster children especially need heroes who are connected with adoption and foster care. Heroes who are adopted or have been part of the foster care system allow children to see that adoption and foster care should not stop them from succeeding in life.

The 2006 Torino Olympics had two participants who were adopted. **Toby Dawson** won a bronze medal in men's moguls. He was adopted from a Seoul orphanage by a couple who lived in Colorado. The couple are ski instructors and Toby Dawson grew up in the snow. **Aaron Parchem** won a silver medal for figure skating (pairs). He was born in Ohio and adopted as an infant. Even though Aaron Parchem was an alternate in 2002, this was the first year competing in the Olympics by both men.

There are several past Olympians who have also been adopted. **Dan O'Brien** was a gold medal winner in 1996 for the decathlon. He was adopted at two years of age in America. **Jamie Baulch** was adopted in South Wales. He won a silver in 1996 for the 400m. **Adrian Dodson** competed in boxing for America. He was adopted as a young child. **Fatima Whitbread** grew up in England in Children's Homes. She was adopted by her javelin coach at the age of fourteen. She later won the bronze medal in 1984 and the silver medal in 1988, both for the javelin. **George Scott** was adopted by a Swedish couple. He won a silver medal for boxing in 1988. **Greg Louganis** was the first man in 56 years to win two gold medals in diving. At the age of 16 years, he won a silver in 1976 and in 1988 he won the gold medals for platform and springboard. He was adopted as a small child. **Ashia Hansen** was adopted from the United States and grew up in the United Kingdom. She competed in 2000 in the triple jump. **Scott Hamilton** was adopted at six weeks old. He won a gold medal in 1984 for figure skating. **Caitlin Carruthers** and **Peter Carruthers** were adopted together as babies. In 1984, they won the silver medal for figure skating pairs.

If you have a child interested in the Olympics, go to the library and look up some of these participants. Their stories will make great reading for your child. It would be encouraging to the child to see how these adoptees succeeded!

Information from adoption.about.com

Betty Stewart

We also would like to say good luck and thank you to **Betty Stewart**, who has also retired from foster care. Betty has been a dedicated foster parent with the county for 17 years. She also loved taking in babies and little ones. Betty adopted a little boy. She is a big supporter of education and loves helping her son with his homework. She constantly strives to teach her son values, morals and manners. Betty took her foster home license and her role as a foster parent very seriously. Foster parenting was an important mission to Betty and was not something to pass the time. The foster children placed with Betty were always well-behaved, beautifully dressed and nicely groomed. Betty took a lot of pride in the children who were placed with her. Betty, thank you for the wonderful care you've provided to the children in your home. You will truly be missed!

STATE FOSTER PARENT ASSOCIATIONS/ STATE CARE PROVIDER ASSOCIATIONS REPRESENTATIVES

San Bernardino Foster Parent Association:

Anita Hearne, President PHONE: (909) 336-0834
P. O. Box 224 FAX: none
Cedar Glen, CA 92321 EMAIL: none

Association Meeting:

3rd Monday-7:00pm
Fellowship Hall
First Church of God
2595 Date St., Highland
No meetings in December

Foster and Relative Emphasis Association (FARE):

Robert Manghane, President PHONE: (760) 949-0830
15012 Orange St FAX: none
Hesperia, CA 92345 EMAIL: none

4th Saturday - 2:00pm - 4:00 pm
Victor Valley College Child Development Center
18422 Bear Valley Rd, Victorville

Inland Valley Foster Parent Association/Southern Regional Vice President:

Patricia Negus, President PHONE: (909) 628-4023
12419 Oaks FAX: (909) 902-9969
Chino, CA 91710 EMAIL: none

1st Monday - 6:30pm - 9:30 pm
Ontario Doubletree Hotel
222 N. Vineyard Ave.
**No meetings in January, July, August,
October & December**

Morongo Basin Foster Parent Association:

Kathy Bingham, President PHONE: (760) 365-4028
7012 Prescott Avenue FAX: (760) 365-4028(call first)
Yucca Valley, CA 92284 EMAIL: none

2nd Thursday-6:30 pm
Pomona Bank
57291-29 Palms Hwy, Yucca Valley
No meetings in July, August or December

Victor Valley Loving Hearts Association:

Ethel Moon, President PHONE: (760) 247-7836
15213 Ramona Avenue FAX: (760) 247-7837
Apple Valley, CA 92307 EMAIL: ethel.jim@verizon.net

3rd Thursday - 7:00pm - 9:00 pm
Victorville CPS
15480 Ramona Ave.
No meetings in July, August or December

High Desert Care Provider Association:

Pat Mathews, President PHONE: (760) 253-7726
25524 Dayton Avenue FAX: (760) 253-7726
Barstow, CA 92311 EMAIL: froggie@mscomm.com

3rd Tuesday - 6:30pm-8:30pm
Victorville CPS
15480 Ramona Ave.
No meetings in July, August or December

GREAT/ Kinship Care Foster Parent Association:

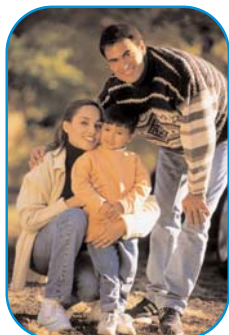
Ida Valencia, President PHONE: (760) 345-2072
45074 Big Canyon St. FAX: (760) 345-2072 (call first)
Indio, CA 92201 EMAIL: none

2nd Thursday - 10:00am - Noon
Whole Enchilada Restaurant
10276 Foothill Blvd, Rancho Cucamonga
No meetings in July & August

Sunshine Foster/Kinship Support Group:

Angie McClister, President PHONE: (909) 214-5086
1725 E. Rosewood Ct FAX: none
Ontario, CA EMAIL: none

1st Monday - 6:30pm-9:00pm
Ontarion Marriott Hotel
2200 E. Holt Blvd
No meetings in July, August, or December



California State Foster Parent Association:

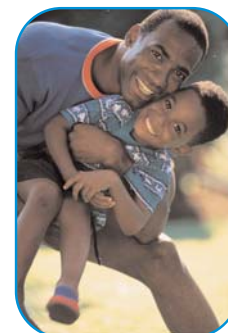
Cora Pearson, President PHONE:(310) 539-0268
24414 Marigold Avenue FAX: (310) 539-8120
Harbor City, CA 90710 EMAIL: none

California State Care Providers Association:

Fred Leiner, President PHONE:(818) 998-4461
9849 Glade Avenue FAX: (818) 998-4204
Chatsworth, CA 91311 EMAIL: fred@fosterparents.com

Foster Care Ombudsman:

1-877-846-1602



IEHP Update

IEHP Open Access Medi-Cal continues to provide excellent medical services to foster children in San Bernardino County. As you know, IEHP developed Open Access Medi-Cal specifically to meet the unique needs of foster children:

- You can see any Primary Care Doctor in the IEHP Open Access Network
- You can switch Primary Care Doctors whenever you need to – instantly
- If an IEHP card is misplaced the child can still see a doctor – the doctor's office can check eligibility at any time
- If you have questions or encounter a problem, IEHP has a unit of Open Access staff instantly available to assist you

Based on the benefits listed above and many more, the Department of Children's Services believes IEHP Open Access Medi-Cal can provide the best medical services for the foster children in San Bernardino County.

Procedures have been developed and successfully tested for enrolling foster children in IEHP. At this point we are ready to include a large number of children in this process.

If you have any questions now, or as you start receiving information about your foster children being enrolled in IEHP we encourage you to call IEHP Member Services and ask for an Open Access representative. Their number is: 1(800) 440-4347. **REMEMBER**, IEHP is for the foster child's medical care. Any behavioral health services the child may need will be accessed and paid for using the same process you have been using. The IEHP child will continue to be issued a Medi-Cal card for behavioral health services.

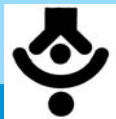
**If interested in becoming a foster/adoptive parent please call
1-800-722-4477 or (909) 891-3381.**

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San Bernardino County
Department of Children's Services
Foster/Adoptive Home Services
412 W. Hospitality Lane, 2nd Floor
San Bernardino, CA 92415



Foster/Adoptive Parent News



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